

# THE VALLEY MESSENGER.

A publication of San Ramon Valley United Methodist Church

Pursuing a life with God and a life with each other by following Jesus,  
thriving in community, and healing the world.

Our Values: Inclusion, Inspiration, Impact



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# OVERFLOW: LIVING IN/ FROM GOD'S ABUNDANCE.

Dear SRVUMC Family,

This September, we are entering an exciting season in the life of San Ramon Valley UMC as we launch our 2026 Stewardship emphasis:

**Overflow: Living In/From God's Abundance.** Our guiding scripture will be 2 Corinthians 9:11–12:

“You will be enriched in every way so that you can be generous on every occasion, and through us your generosity will result in thanksgiving to God. This service that you perform is not only supplying the needs of the Lord's people but is also overflowing in many expressions of thanks to God.”

In many ways, this passage is the first “stewardship letter” in the church. The Apostle Paul was writing to the Corinthians to encourage them in their giving, reminding them that generosity was not simply a financial transaction, but an act of faith and worship that rippled outward into thanksgiving and transformation. Giving is not about scarcity—it's about living in God's overflow.

Now, I know many of you have already received your stewardship letter of

the season—from the “Apostle” Harry Knapp (yes, I'm smiling as I write this). I am so grateful for Harry and Joanne who continue to step up to help lead and model the living out of faithful stewardship and generous giving in our church community. I give thanks and praise to God for Harry's leadership, humor, and heart, and for the many others in our church whose lives remind me daily of what it looks like to live from God's abundance.

Throughout September, we'll spend four Sundays diving deep into 2 Corinthians 9 and this theme of **Overflow**. Each week will feature not only scripture and preaching, but also testimonies and shared experiences that remind us that when we live in God's abundance, our lives naturally overflow in gratitude and generosity. Here's what's ahead:

- September 7** – More Than Enough (Stewardship Launch)
  - September 14** – Sowing in Faith
  - September 21** – Overflow Together (including our Rise Against Hunger event)
  - September 28** – The Harvest of the Heart (Commitment Sunday)
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I'm especially excited about **Rise Against Hunger** on September 21. This will be a high-energy, high-impact event where we'll set the goal of packing 14,000 meals and raising \$6,000 to help end hunger in places of great need. We anticipate that this year's meals will go to Vietnam. This is one of those moments where "overflow" takes on real, tangible meaning—our generosity here reaches across the globe to feed families we may never meet, but who are known and loved by God.

Of course, stewardship is not only about mission beyond our walls. Your giving sustains the ministries within our church—from children's and youth programs, to senior gatherings, to study and discipleship opportunities, to our dynamic worship and inspiring music ministries, to our staff and our beautiful campus. At the same time, your generosity allows us to continue partnering with Contra Costa Food Bank, Monument Crisis Center, UMCOR, Hope Solutions, and so many others. Overflow means that what we receive from God does not stop with us—it pours out to bless others.

And speaking of music—our worship life this fall is going to be especially vibrant! I'm thrilled that our music ministries are returning in full force with **Jeff Howe, our Director of Music**

**Ministries, and Nadia Koliha, our amazing accompanist, at the helm.**

From Chancel Choir to Living Water, Carillon Bells to Music Makers, our music will lift our hearts and voices into God's abundance.

This fall also brings a host of **new study opportunities** for all ages and stages of faith. Huge shout out to Bill Rust, our Chair of the Faith Development Committee, for his passionate pursuit of equipping each of us to go deeper in God's Word. Be sure to read more in this issue of The Valley Messenger and consider how you might grow deeper in your walk with Christ alongside others.

As we enter this season, I want to encourage you to **pray intentionally** about your 2026 commitment. Ask God how you might live more fully into the overflow of God's blessing in your life. On **September 28, Commitment Sunday**, we will bring forward our pledges as an act of worship, offering them to God with gratitude and hope.

Friends, I am truly looking forward to what God will do through our faithful response this September. Together, we will experience the overflow of God's blessing as we continue to pursue a life with God and a life with each other by following Jesus, thriving in community, and healing the world.  
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With joy and gratitude,

Pastor Sam



**overflow.**

**STEWARDSHIP 2026**

“You will be enriched in every way so that you can be generous on every occasion and through us your generosity will result in thanksgiving to God. This service that you perform is not only supplying the needs of the Lord’s people but is also overflowing in many expressions of thanks to God.” ~ 2 Corinthians 9:11-12

 **SAN RAMON VALLEY**  
UNITED METHODIST CHURCH

[www.srvumc.org](http://www.srvumc.org)



# HAPPY LABOR DAY

“...your labor in the Lord is not in vain.”  
1 Corinthians 15:58

SEPTEMBER 1







## ANNOUNCEMENTS

# NEW ADULT EDUCATION CLASSES SET TO LAUNCH.

Become a curious seeker! Join us in the learning, sharing, good conversation, and being “opened” in these popular faith-growing adult classes.

Pay attention to where you are on the pathway to becoming a disciple, a follower of Jesus. You will find a class that speaks to you right where you are! The class descriptions will help you. Or talk to Pastor Sam about which class is right for you. Then join in! It will nurture your soul.

We want these classes to grow our understanding of the call our church’s guiding vision statement makes on us: **PURSUING A LIFE WITH GOD AND A LIFE WITH EACH OTHER BY**

**FOLLOWING JESUS, THRIVING IN COMMUNITY, AND HEALING THE WORLD.** What does that look like in practice? Come find out. You’re invited!

### **Classes for 2025-26**

These classes are for busy people. Several are short (only six sessions), making participation easier. Longer classes may be “drop-in” or for a set group. You can mix and match them for what works for you and fits your schedule.

**Sunday mornings** after worship. Drop-in; in person and by Zoom, 11:30-12:15, September 7, weekly, ongoing. **(continued on next page)**

## ANNOUNCEMENTS

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### **Taking the Sermon into the World.**

Leader: Bill Rust. Inquiring conversation on the morning worship message on how each of us will live out the message in the community.

**Monday evenings** by Zoom, weekly, September 22–April 6. **“The Historical Jesus.”** Each session features a ½ hour video presentation by nationally renowned Professor Bart Ehrman followed by group discussion led by Dave Coombs. 24 Sessions.

**Tuesday mornings** starting September 23, weekly, ongoing, 10:30AM – noon. **Tuesday Morning Bible Study.** Leader: Pastor Sam.

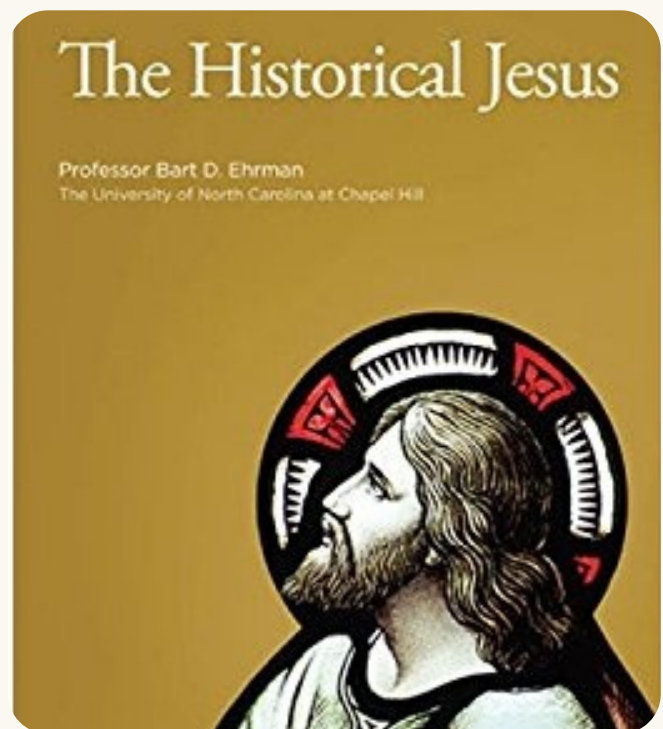
**Wednesdays, after work,** September 3–November 19, every other week, 5:30–6:45PM (or TBD by the group). Wednesday Evening **Disciple Bible Study for beginners: Engaging directly with Scripture – the four Gospels.** Leader: Bill Rust, with Pastor Sam.

**Friday mornings,** weekly, ongoing, 9:30AM, Bagel Street Café, Danville Livery, September 5, weekly. **Friday**

**Morning Coffee Group,** an off-campus, drop-in faith-sharing community.

**Weeks of December.** Advent Sundays November 30–December 21. Congregation-wide **Advent Study** coordinated with Pastor Sam’s Sunday sermon messages.

**Weeks of February 18 (Ash Wednesday) – April 5 (Easter).** Congregation-wide **Lent Book Study: Freeing Jesus: Rediscovering Jesus as Friend,** (continued on next page)



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**Teacher, Savior, Lord, Way and Presence**, based on the recent book by Diana Butler Bass with that title. We encourage all groups and classes to join in the study of the Butler Bass book and hear Pastor Sam preach on the weekly topic in his Sunday sermon message.

**Sundays. April 19-May 24** (six sessions), 11:30AM-12:30PM. **The Church in Society: Social Justice in Action, A Study of The United Methodist Social Principles.** Leader: Lyn Arscott. In person and by Zoom. Resource: Statement of The United Methodist Social Principles, [www.umjustice.org](http://www.umjustice.org).

In addition to these classes and studies, many of our ongoing groups also present complementary book and video studies and other faith growing experiences. Pay attention to their announcements in this Valley Messenger monthly newsletter and in the weekly Friday Memos.

Be curious. Open your heart and mind through Bible study and deepening your personal faith. For more information or help selecting a study that's right for you, contact Pastor Sam, [syun@srvumc.org](mailto:syun@srvumc.org).





## ANNOUNCEMENTS

# BEHAVIORAL FITNESS: LIVE WITH PURPOSE, AGE WITH POWER.

Join Dr. Allyson Mayo, Doctor of Behavioral Health, and Teri DeLaMontanya, former emergency nurse leader, on September 2 at 11:45AM in Wesley Center as part of the UMEUS Potluck and Presentation for a powerful talk on wellness, longevity, and how to live with more purpose and vitality.

Explore the eight areas of wellness and learn how to increase not just your lifespan, but your healthspan—the years you stay active, independent, and doing the things you love.

This event also offers a sneak preview of their upcoming Balance and Mobility Training for Older Adults, launching soon at San Ramon Valley Methodist, supporting their mission to Provide Easier Access to Care Everywhere—through carefully curated programs that go beyond exercise to support graceful aging and independent living.

Discover how to create the conditions that make healthy habits stick, bring more joy and novelty into your life,

and track the personal metrics that really matter. Learn how passion, purpose, and a strong sense of community can carry you through every stage of life.

Dr. Mayo and Teri DeLaMontanya are co-founders of Behavioral Fitness (BF) and PEACE—Providing Easier Access to Care Everywhere—a 501(c)(3) nonprofit dedicated to intentional living, equitable access, and human connection. They blend clinical insight, real-world experience, and behavioral science to offer clear, actionable steps you can use right away.

Walk away with tools to build a life that's not only longer—but better.

## ANNOUNCEMENTS

# VOLUNTEER AT THE FOOD BANK SEPTEMBER 6.

Help fight hunger in Contra Costa and Solano County by volunteering at the local food bank. The next opportunity to serve is on **Saturday, September 6 from 11AM to 1PM**. In June we made an impact by packing fruits and vegetables for needy families. It's such a meaningful way to help with a significant need.

Click [here](#) to sign up! Or visit our website for more info:  
[www.srvumc.org/events](http://www.srvumc.org/events).



## ANNOUNCEMENTS

# EARTH CARE MEDITATION & MOVEMENT GROUP.

Coming this fall: Mind, body, and soul contemplative practices that will deepen our connection with the earth and our spiritual journey.

Experiential sessions will be held the **third Friday of the month September through November at 9:30AM** (75 minutes.)

We will utilize sacred space in the narthex, meditation garden, and sanctuary.

Join us **Friday Sept. 19th at 9:30AM.**

All are welcome. No experience necessary. Gentle adaptable movements.

If interested, add your name to Ginny's email list [ginfereira@gmail.com](mailto:ginfereira@gmail.com) for announcements and resources.

Your comments and questions are welcomed.

Ginny F., Lucinda H. & Sylvia B.



## ANNOUNCEMENTS

# GET YOUR “I’M A SRVUMC VOLUNTEER” SHIRT.

Do you volunteer for the church (White Pony Express, Rise Against Hunger, Trinity Center, the food bank, and other mission activities that take place off the church campus)? Inspire others and show that you're making an impact outside the church building with an "I'm a SRVUMC Volunteer" shirt! Wearing a shirt while volunteering shows that we are a church committed to following Jesus and making a positive impact on the larger community.

The shirts are available in medium, large, extra-large and 2-X. The shirts will sell out quickly, so don't get left out. **Contact Jerry Ricker at [jerryricker19@gmail.com](mailto:jerryricker19@gmail.com) to purchase a shirt for \$17 each.**

**Show others that SRVUMC is a faith community committed to making a positive impact on the surrounding community.**



## ANNOUNCEMENTS

# BALANCE AND MOBILITY CLASS COMING SOON.

**Balance and Mobility 55+ class  
coming to SRV Methodist Church  
Date/Time: TBD**

Move with strength. Age with confidence.

Falls are one of the top reasons older adults land in the emergency department. As a former ER nurse, instructor Teri DeLaMontanya has seen firsthand how often loss of muscle, mobility, and balance are to blame—and how much of it is preventable.

After age 30, we lose up to 5% of muscle mass each decade. That decline affects strength, reaction time, and stability. But it doesn't have to. With focused movement and strength training, you can rebuild muscle, improve coordination, and protect your independence at any age.

This class is designed for adults 55+ and led by Teri—a Registered Nurse, Ironman triathlete, and lifestyle coach with deep medical knowledge and personal experience. Whether you're recovering, maintaining, or building

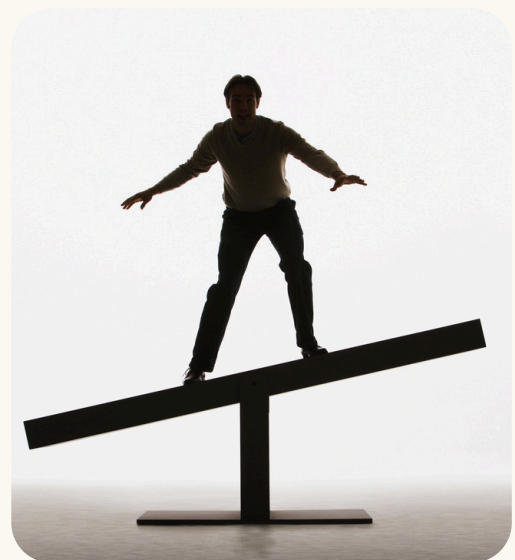
strength for the future, Teri will meet you where you are.

Join us at San Ramon Valley Methodist Church—a welcoming space where you'll train your body to stay upright, energized, and in motion.

It's never too late to start.

**This is a donation based class and is open to the public. Suggested donation is \$10 payable to San Ramon Valley Methodist Church.**

Contact [Rob Rudow](#), at [robert\\_d\\_rudow@yahoo.com](mailto:robert_d_rudow@yahoo.com) for more information.





## ANNOUNCEMENTS

# REGISTER FOR RISE AGAINST HUNGER.

Rise Against Hunger, an international humanitarian organization, is growing a global movement to end hunger by empowering communities, nourishing lives and responding to emergencies. With locations across the U.S. and five international offices, the organization provides immediate nourishment for those facing hunger today and implements sustainable solutions that will lift entire communities for years to come. Rise Against Hunger has facilitated volunteer meal packaging of more than 540 million meals to be distributed to countries around the world.

SRVUMC will be hosting a Rise Against Hunger meal packing event on **September 21 from 11:30AM to 1:30PM.**

**Scan the QR code to register for the event!**



Our goal this year is to raise \$5,600 to ship thousands of meals where they can make the most impact.

Many volunteers and donations will be needed to make this event a success! A suggested minimum donation of \$20 (or more if you are able) per volunteer is appreciated.. We'd like to have at least 100 volunteers participate in this fun event.

Click [here](#) to donate.

Click [here](#) to register for the event.



## ANNOUNCEMENTS

# BLOOD DRIVE WITH LDS CHURCH ON OCTOBER 10.

You are invited to participate in the Interfaith SRVUMC and Latter-Day Saints Blood Drive on October 10th from 10AM-4PM at San Ramon Valley United Methodist Church.

The need for blood is constant and only volunteer donors can fulfill that need for patients in our community. Nationwide, someone needs a unit of blood every two to three seconds and most of us will need blood in our lifetime.

Volunteers are needed to donate blood and assist those giving blood.

Three volunteers are needed to help those giving blood. One volunteer is needed for each shift.

Please sign up for one of the three shifts:

- First Shift 9AM-11AM
- Second Shift 11-1PM
- Third Shift 1-3PM

Click [here](https://srvumc.churchcenter.com/registrations/events/3128594) to sign up to assist those giving blood at the blood drive or visit <https://srvumc.churchcenter.com/registrations/events/3128594>.

Check the Friday Memo in the coming weeks for a link to donate blood. Thank you for supporting the American Red Cross blood program!



## ANNOUNCEMENTS

# CALLING ALL MAKERS OF BEAUTIFUL THINGS!

By Shannon Dever

It's time to begin planning for our **Harvest Festival craft fair on November 1, 2025**, featuring treasures created by our own church folk and members of the community. For the past fifteen years we have consistently shown high-quality handmade items such as quilts and quilted table linens, handmade shawls and sweaters, fused glass ornaments and jewelry, handmade caramels and preserves, wooden planters and benches, windchimes, and many other unexpected and beautiful finds. Many of our previous artisans are returning, and we always love welcoming new artists. If you have creative talents, we need you! It's time to reserve a space and get busy creating works of art or tasty treats. Invite your friends and family members to join us this year.

A space fee of \$35 and 10% of your total sales will be donated to the church for various mission projects. Let's bring out all our hidden talents and make the **16<sup>th</sup> Annual Harvest Festival Craft Fair** the best yet! Contact [Shannon Dever](mailto:shannondever62@gmail.com) ([shannondever62@gmail.com](mailto:shannondever62@gmail.com)) for information or to sign up.



## ANNOUNCEMENTS

# SAVE THE DATE FOR THE WOMEN'S RETREAT.

**2026 SRVUMC Women's Retreat**  
**January 30 – February 1, 2026**  
**Villa Maria del Mar – Santa Cruz, CA**

**“Touching Hope: Healing,  
Wholeness, and Thriving in Troubled  
Times”**

Retreat Leader: Rev. Debra Brady

In a world that often feels broken and unjust, how do we hold onto hope? As followers of Jesus, how do we find our center, tend our wounds, and reclaim joy—personally and communally?


Through the intertwined healing stories of two daughters in Mark 5:21-43, we'll explore the courage to reach out, the power of being seen and known, and the sacred possibility of being restored. Together we'll name our anger and grief, ground ourselves in sacred wisdom, and awaken to hope—not as wishful thinking, but as resilient, Spirit-led living.

**Registration begins November 2,  
2025.**

**Over thirty women participated in last year's retreat. Prayerfully consider joining the upcoming retreat.**







# **HISPANIC HERITAGE MONTH**

**SEPTEMBER 15- OCTOBER 15**



## SPIRITUAL GROWTH

# IN THE PEW: WENDY COOPER.

By Sarah Stribling

Originally from New South Wales, Australia, Wendy Cooper grew up Scottish Presbyterian. Church was important to her family, especially her grandmother. In high school, Wendy decided she wanted to become a journalist. After being a newspaper reporter and radio journalist in Sydney, she wrote news scripts for television. In the early '60s, Wendy was one of only two women in the newsroom. This was when she met the love of her life, Tony. By the 1970s, journalist jobs were hard to come by, so Wendy and Tony looked abroad for job opportunities. They moved to California in 1974.

Church life had always been important to Wendy. She began attending SRVUMC because it was the faith community closest to her home. Her three children attended Sunday School, and Confirmation class. With her children involved in church life, it was easy for Wendy to get involved as well.

Wendy has generously shared her talent and time with her church family. She's also volunteered with the youth group, Winter Nights, and even edited

a video for SRVUMC's thirtieth anniversary!

Wendy currently serves on the Women's Retreat Committee, Church Council, ChristCare Visitors, and serves as an usher for Sunday worship. Her husband Tony passed away five years ago. She remains grateful for the nearly sixty years they spent together.

Wendy loves SRVUMC because it is inclusive and committed to making an impact on the surrounding community. "It's just a wonderful community," Wendy remarks.



# BETWEEN THE BOOKENDS.



## FALL INTO AUTUMN READING

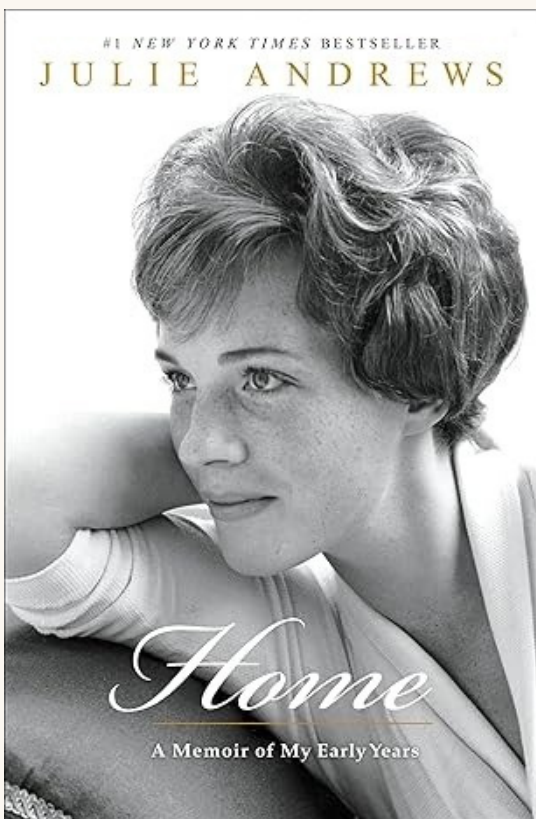
These words, “Where did the summer go?” are often heard as **September** approaches. The colors of leaves begin to change from greens to yellows and gold and to bronze and shades of red. Vibrant colors appear everywhere. The changing beauty of nature is such a pleasure to see. It brings an inner joy to all who watch the workings of our Lord.

### Andrews, Julie. *Home*.

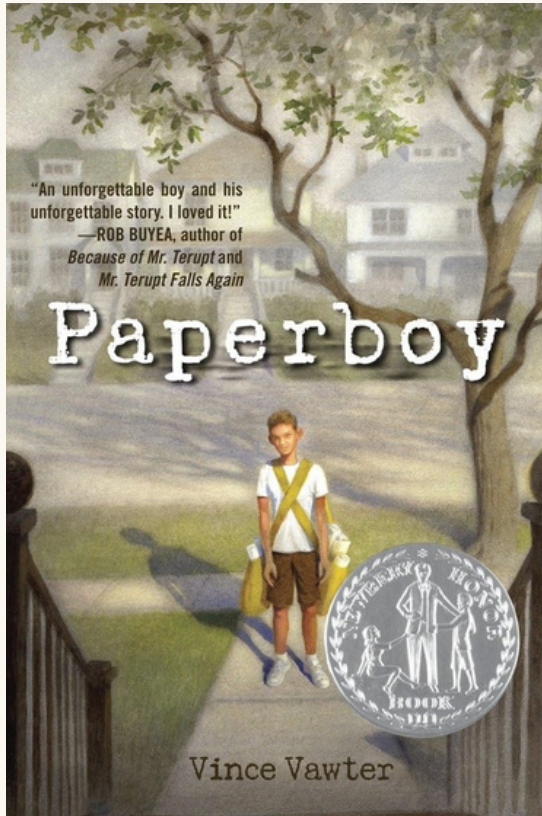
This book stretches from Julie’s birth to childhood career, to Broadway success of *My Fair Lady*, *Camelot*, her marriage to Tony Andrews, and the birth of Emma Katherine Walton.

Both her parents were interested in music and theater. Her mother was a concert pianist and her father was involved in Vaudeville. Ted and Barbara Andrews groomed their eldest child, Julie, for theater singing on radio and television. She actually supported the entire family financially for a while due to her childhood popularity and success.

Julie shares in-depth stories of her experiences on Broadway with Rex Harrison in *My Fair Lady*. These stories are fascinating to me. She shares funny behind-the-scenes stories that make me laugh. This memoir is illuminating to someone who doesn’t know anything about theater life. My personal introduction to Julie Andrews was seeing “The Sound of **(continued on next page)**



## SPIRITUAL GROWTH



(continued from previous page) Music” movie. It was a fantastic movie and I could not imagine anyone else as Maria. This was a perfect book to get to know the real Julie Andrews!

### **Vawter, Vince. Paperboy.**

In *Paperboy* by Victor Vawter, the reader is aware of the joy a young boy feels as he encounters various customers on the paper route of his friend, “Rat,” who has gone on vacation for a month.

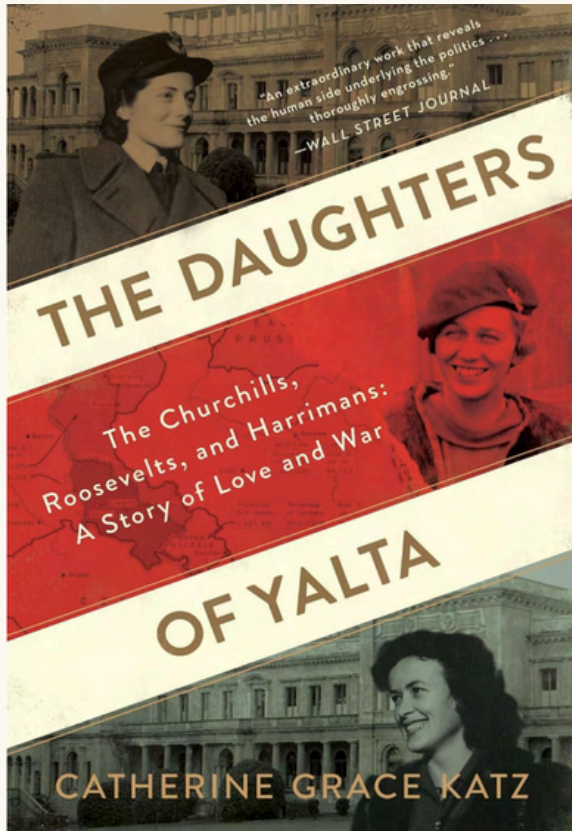
He has promised to do the route for that time. However, he is leery about having to collect the weekly fee because he stutters. He hopes everyone will remember to put the money outside at the specified place by Friday afternoon.

One gentleman, Mr. Spiro, takes the time to help him say some of his difficult letters even better than the special teachers his parents have sought for him. Another customer, Mrs. Worthington, a lonely lady, simply likes to talk to him which makes him feel accepted even though he doesn’t tell her his name because it doesn’t come out properly.

It is the negative encounters with which he is faced that make the reader aware that the compassion shown by many is what can solve various obstacles with which he is faced. This is an excellent book that teaches compassion and kindness matters.

# AFTERNOON BOOK GROUP.

FOURTH MONDAY OF THE MONTH AT 1 PM IN THE CHURCH LIBRARY.



## NEXT BOOK SELECTION: THE DAUGHTERS OF YALTA.

**September 22** The Daughters of Yalta by Catherine Grace Katz is the choice. It is about the daughters of Averell Harriman, Franklin D Roosevelt, and Winston Churchill. It details how the women and their fathers affected the outcome of the Yalta Conference when meeting with Joseph Stalin after WWII.

Click [here](https://www.amazon.com/Daughters-Yalta-Churchills-Roosevelts-Harrimans/dp/0358117852) to buy the book or go to <https://www.amazon.com/Daughters-Yalta-Churchills-Roosevelts-Harrimans/dp/0358117852>.

Contact [Jenny Swanson](mailto:jenny.swanson646@gmail.com) ([jenny.swanson646@gmail.com](mailto:jenny.swanson646@gmail.com)) for more information.



## SPIRITUAL GROWTH



**Last month, Bill Small spoke about his Memory Project that brings art to kids in developing nations.**



**Earlier this summer, Lunch with Friends featured a tasty taco bar!**

### **POTLUCK & PRESENTATION TUESDAY, SEPTEMBER 2ND, 11:45AM, WESLEY CENTER**

Join Dr. Allyson Mayo, Dr. of Behavioral Health and Teri DeLaMontanya, a former emergency nurse for a powerful talk on wellness, longevity and how to improve quality of life and increase your lifespan and healthspan! Please bring a dish to share – we always have plenty of food, it's your company and fellowship we really want!

### **LUNCH WITH FRIENDS TUESDAY, SEPTEMBER 16TH, NOON, WESLEY CENTER**

Please join guest Chef Nancy Garnick for a Mexican inspired spread to honor the REAL day of Mexican Independence – September 16th! Enjoy homemade cheesy chicken enchiladas, Spanish rice, refried beans, Mexican salad and a cinnamon crunch churro for dessert! Come for the comida, stay for the comunidad – great fellowship and a fiesta style lunch! Best \$10 (suggested donation) meal in the valley! Viva Mexico!

## **OCTOBER SCHEDULE**

Save the date for Tuesday, **October 7, Potluck & Presentation** and Tuesday, **October 21, Lunch with Friends. PLUS a fun field trip to Filoli! Click [here](https://srvumc.churchcenter.com/registrations/events/3072961) to register or visit <https://srvumc.churchcenter.com/registrations/events/3072961>.**



## UMeUs Art in Nature Excursion to Filoli



## TREK WITH THE TROLLS

Join UMeUs on a magical excursion to Filoli Gardens to visit the eco-friendly trolls & enjoy a day of fall fun.

**Saturday, October 4th**

**9AM in the Church Parking Lot**

**All Ages Welcome - Bring the Family**

**86 Cañada Road, Woodside**

**Cost**  
**\$35\***

**Register on Church Center**

**\*Payable in Advance, Bring Money for Lunch**



OUT INTO THE WORLD

# GRILL & CHILL.

September saw the Grill and Chill season draw to a close. The theme of most recent Grill and Chills were a Mexican fiesta and Korean BBQ! Each barbecue was a memorable time to catch up with old friends and meet new ones! Not to mention the fantastic food and entertainment!

Special thanks to all the volunteers who helped prepare food, decorate tables, clean up, and entertain! Grill and Chill would not be possible without you!

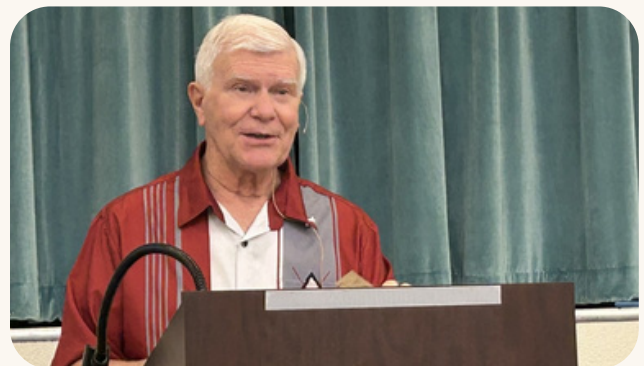


OUT INTO THE WORLD

# THE MEN'S BREAKFAST EXPLORES AI.

The August installment of the Men's Breakfast (which was open to all) saw longtime church member Brad Stribling present on the past, present, and future of artificial intelligence. He discussed his role in the early days of this quickly evolving technology.

Thanks to all the volunteers who cooked, cleaned, presented, and made the Men's Breakfast a thought provoking and inspiring time for all.





OUT INTO THE WORLD

# THANK YOU, WHITE PONY EXPRESS VOLUNTEERS!

Last month, twelve volunteers visited White Pony Express in Concord, CA to make 250 goodie bags for the upcoming Christmas season. The goodie bags included granola bars, cardboard stars with a handwritten message, and more!

Thanks to Jerry Ricker for taking these photos!





# KIDS TO LEARN HOW TO HAVE BIG FAITH THIS FALL.

By Karen Hernandez

September is upon us and we are moving fast into the autumn!

By the time this is published, the Sunday School teachers will have gone through their training for a new curriculum for both the elementary aged and youth aged classes. For the elementary aged kids, the curriculum this year will be **Big Faith** from Cokesbury. A United Methodist curriculum, Big Faith is designed to have a specific focus each quarter. In the fall, kids will learn, Faith in God, which focuses on helping children get to know the character of God. For the winter, the focus is on Faith in Community, which encourages kids to develop their faith in community (Advent and Christmas are included). For spring, the focus is Faith in Jesus, including Jesus' stories (Lent and Easter are included). And finally, for the summer, Faith in Action, which encourages kids to live out their faith in their everyday lives.

For the youth, the Sunday school focus this year will use the **Canvas** curriculum, also United Methodist, that encourages exploration through seeking a better understanding of

God and the church through deeper faith and spiritual formation. This is done through booklets that allow the exploration of theological beliefs and foundational concepts that ground their faith and with topics such as humanity, grace, and of course, Jesus and God. The materials are made up of five, 4-week studies, with each student having their own workbook to record their work in the class, as well as their thoughts and reflections for future reference.

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**(continued from previous page)** The Confirmation Class was busy over the summer. Not only a service trip week where they volunteered at the Bay Area Rescue Mission, Food Bank of Contra Costa County, the Gubbio Project (in San Francisco), as well as at Shelter Inc, but we also had a fun day at Six Flags. Confirmands and their families also worked on a family project of reading, Caring for Creation, where they were asked to also organized a family service project. Both families came up with really creative ideas where they worked in a garden, did a family beach clean-up, started their own gardens, as well as finding ways around their own homes to be more mindful and earth friendly. As part of the curriculum and learning, Confirmands also interviewed long-time church members and thus far they have attended three classes (of six total), where they are learning about the history of the church and United Methodism, and last month,

they also learned about SRVUMC being a Reconciling Congregation and how important that is to the life our church community. Left are three more classes, two visits to other faith communities - a Jewish synagogue and a Hindu temple (they already visited a mosque) - a Confirmation Dinner, and in December, we will celebrate with the four Confirmands as they become members of the church!

Finally, Trunk or Treat has been scheduled for Friday, October 24, from 7-9PM. Start thinking about how you would like to participate and how you plan to decorate your car. Click [here](#) or visit <https://srvumc.churchcenter.com/registrations/events/3130652> to volunteer!

Thank you for reading and wishing you many blessings this season,  
Karen





ALL ARE WELCOME!  
BRING A FRIEND!



# TRUNK OR TREAT

FRIDAY, OCTOBER 24,  
7-9PM





# CELEBRATIONS

## BIRTHDAYS

- |   |  |
|---|--|
| 1 Dianne Ehlers<br>Lucinda Huffaker                               | 18 Ela Altamirano<br>Dave Coombs<br>John Harrison<br>Charlie Rigolfi                       |
| 2 Julia Philbert  | 19 Lyn Arscott<br>Kirsten Ericson<br>Gregg Mannell<br>Ted Wolfram                          |
| 3 Lucille Eichelberger <b>(101)</b>                               | 20 Larry Pasquale<br>Judy Takeda   |
| 4 Austin Maddux<br>Ellie Maddux                                   | 21 Brad Stribling  |
| 5 Jillian Ericson   | 22 Michael Ogles   |
| 6 Nick Stocking<br>Ray Winter                                     | 23 Holland Ericson<br>Irv Skeoch   |
| 7 James Smith   | 24 Alonzo Altamirano<br>Jane Lang  |
| 8 Corey Merchant  | 25 Tim Buckley<br>Peggy Crawford<br>Linda Engman<br>Don Johnson <b>(94)</b><br>Alex Maddux |
| 9 Sienna Isbell<br>Sheryl Kerr<br>Christine Pezza<br>Rick McGuire | 27 Scott Ericson   |
| 10 Alan Christian<br>Jeff Stroin                                  | 28 Joe Lau   |
| 11 Terry Stocking   | 29 James Kocins  |
| 13 Sandi Cook   | 30 Nell Ryan<br>Skye Stepper   |
| 14 Bill Fulcher   |  |
| 16 Gary Osterhout   |  |
| 17 Connor Choy<br>Kelly Nakaso                                    |  |

## ANNIVERSARIES

- 1 Patricia Ludwig and Mike Prenger
- 2 Debbie & John Byers  
Brenda & Doug Domergue **(53)**
- 3 Susie & Jim McKnight **(65)**
- 6 Rebecca & Tom Byrom  
Julia & Tom Philbert
- 11 Joanne & Bill Van Bezey
- 12 Jan & Bill Foulds
- 13 Tammy & Adam Webb
- 16 Lee & Bill Rust
- 19 Teresa & Jeff Stroin
- 20 Amy & Sam Sidhom
- 21 Peggy & Gordon Pierce
- 23 Annette & Dan Whiting
- 24 Jeryn Blair & Steven Smario
- 26 Karen & Brian Steffy
- 27 Claudia Artiga & Warren Cancel



# AMONG OURSELVES.



## HEALTH CONCERNS

Kay Jones, Jeff Lang, Mary Nelson, Jo Ann Hirsch, Melanie and Boyd Hasik, Adam Kennedy, Lonnie Bristow, Judy Slinger, Carol Fhlug, Isabel D'Elia, Andrea Bourgeois, Teri Hawk, Julie Klug's nephew Taylor, Chris Hoff, ClaudeC Johannesen, Shana Carroll, Pastor Sam's parents.



## CONTINUED PRAYERS FOR

All those who live with long-term illness, those recovering from COVID-19, unemployment, life decisions, and sickness in their families.

## NEVER MISS AN ISSUE!

The Valley Messenger is delivered right to your inbox. Stay connected with all things SRVUMC, and read interviews, book reviews, and more.

Check out our website to keep up with church happenings, sign up for upcoming events and groups, and read our newsletter anytime, anywhere.



## OUR TEAM

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